

**Salsa, Stretch, and Sip**  
Fri., Oct. 4, 10:30- 11:30a.m.  
Enjoy 30 minutes of salsa, followed by a relaxation, cooldown and completed with time to chat with new friends and enjoy refreshing snacks. Course# 11285; Free

**Annual Pumpkin Carving Contest**  
Mon., Oct. 28  
Vote for your favorite staff pumpkin! Pumpkins will be located in the front lobby.

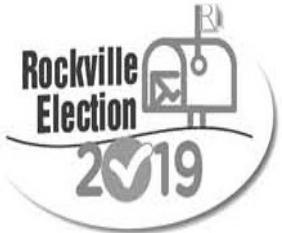
**Beginner Chinese**  
Are you interested in learning Beginner Chinese? Please see the front desk to express your interest in starting a Beginners Chinese class.

**CHECK YOUR MAILBOX!**

Ballots for Rockville's 2019 Vote by Mail election will be sent to registered voters on or before Oct. 11. Fill yours out, sign it and return it. Ballots must be received at City Hall, 111 Maryland Ave., by 8 p.m. Tuesday, Nov. 5. Postmarks do not count.

**For more information on who is running and on the new Vote by Mail election, go to [www.rockvillemd.gov/election](http://www.rockvillemd.gov/election).**

**Sign up for alerts and reminders.  
Text ROCKVOTES to 888777.**



**Senior Center Hours:**  
Monday-Friday,  
8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.  
(Drop-in use only)

**Fitness Center Hours:**  
Monday-Thursday,  
7 a.m.-8 p.m.  
Friday, 7 a.m.-7 p.m.  
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive  
Rockville, MD 20850  
240-314-8800

**For updates and information visit our website:**  
[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Follow Rockville Senior Facebook  
[www.facebook.com/rockvilleSeniors](http://www.facebook.com/rockvilleSeniors)



**Flu Shots**  
Nonmembers: Thurs., Oct. 10, 10 a.m.-1p.m.

**Holiday Bazaar Vendors and Volunteers needed!**  
  
Sat., Dec. 7, 9 a.m.-2 p.m.  
Call 24-314-8800 or email  
[seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) for information

**Staff Chat**  
Wed., Oct. 2-Dec. 4, 10-10:30 p.m.  
Meet a staff member monthly in the lunch room.  
First Wednesday of the month.

**Super Bingo**  
Sat., Oct 19, 12 p.m.  
\$60 per person. Lunch included. Call 240-314-8800 for more details.

**Thursday & Friday Movie Matinees at the Senior Center**  
  
October 10 & 11, 1-3:15 p.m.  
**The Upside**  
Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. **Rated PG-13** for suggestive content and drug use.

October 17 & 18, 1-3 p.m.  
**Yesterday**  
Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. **Rated PG-13** for suggestive content and language.

October 31, 1-3 p.m.  
**Practical Magic**  
The two Owen sisters from a small Massachusetts are normal siblings - except they are actual witches. They use their magical powers to grant spells for love. **Rated PG-13** for some violence, intense thematic elements and sensuality.

# Rockville Senior Center

## October 2019 Highlights



A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter), at the Senior Center or any city facility.

**FULL October Birthday Party**  
Wed., Oct. 2, 1:30-3 p.m.  
Entertainment by : Jesse Palidofsky  
Sponsored by: Annie & lewis Rhodes, Joan Schneider-Wilson, Pat & Kevin Relihan. Register by 9/27. Course# 10508; Free to members & residents/\$7

**Movie: CoCo en Espanol**  
Thurs. Oct., 3, 12:30-2:30 p.m.  
Let's continue National Hispanic Heritage month!

**Rockville Senior Citizens Commission invites you to the Rockville Senior Forum**  
Thursday, October 10, 10 a.m. -12 p.m.  
The Seniors Commission has held these forums in the past allowing candidates to speak with seniors about their view on the opportunities and needs of seniors in the community. We want to hear from you!

**Art Appreciation-Renoir and Friends**  
Tues. Oct. 15, 10:30 a.m.-12 p.m.  
Learn the intriguing story behind Renoir's greatest work of art, This presentation will answer questions and explain his creative process and inspirations. Since its purchase by Duncan Phillips in the early 1920's "The Luncheon of the Boating Party" has been the jewel of the Phillips Collection. If interests warrant, a trip to the gallery will be planned for later. Course# 9803; \$6/\$9

**Holiday Side Dishes**  
Tues., Oct. 15, 4-6 p.m.  
Chef Sheila will demonstrate how to cook French Gratin Potatoes, Norwegian Caramelized Carrots and Onions, American Creamed Spinach, European Red Cabbage, and American Cranberry Sauce-- all in two hours time. Tasting included! Register by 10/7. Course# 10609; \$44/\$54

**October Supper Club**  
Tues., Oct. 22, 5-7 p.m.  
Catered by Stone Soup  
Entertainment by Vintage Entertainment Country Club meatloaf, salad, green beans, cheddar whipped potatoes, dinner bread, dessert and beverage.  
Register by 10/14.Course#9614; \$16/\$26

**Red Hat Trip**  
Wed. Oct. 23, 10:15 a.m.-4:30 p.m.  
Carriage House Inn, Emmitsburg and Catoctin Mountain Orchard, fliers were mailed to group members.

**\*All programs are held at the Rockville Senior Center unless otherwise noted\***

**Senior Center Parking Lot**  
In recent months, we've had several incidents in the parking lot. Be aware of your surroundings entering and exiting the parking lot. The speed limit is 15 mph and the state law requires you to stop when someone is in the crosswalk.

**Oktoberfest featuring the Rockville German Band**  
Fri., Oct. 4, 5-7 p.m.  
Open to the Community! Enjoy beer, Traditional German food, live music, 50/50 Raffle, & dancing. Food & Beer available for purchase. **Registration is required.** Course# 11498; Free

**Soup and Salad**  
Tues., Oct 8 & 22, 11a.m.-1 p.m.  
\$5 per person. Cup of soup, side salad, drink, and crackers. Pre-registration recommended.

**YIH meeting ,Luncheon, Program**  
Thurs., Oct. 17, 11 a.m.  
Fliers were mailed to all members.

**Willing 3 C's Club Lunch and Meeting**  
Fri., Oct. 18, 11:30 a.m.

**Drug Takeback Day**  
Tues., Oct. 22, 10 a.m.-12 p.m.  
Front Lobby

**Zumba Party**  
Thurs., Oct. 31, 1:30-3 p.m.  
Get a taste for salsa, merengue and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome.  
Course# 10794; \$5/\$8